

Relapse Prevention Inventory Diagnostic (RAPID)

The RAPID score indicates how well you are doing in recovery and what is your risk of relapse. The questions are based on the “five rules of recovery.” These questions apply to the last month.	Always or Yes = 4	More than half the time = 3	Less than half the time = 1	Never or No = 0
1. Change your life so that it's easier to not use.				
How often are you able to set healthy boundaries and say “no” to unreasonable requests?				
How often are you able to resolve uncomfortable feelings instead of bottling them up?				
How often do you challenge your negative thinking and look for healthier ways of thinking?				
How often do you avoid high-risk situations, such as HALT (hungry, angry, lonely, tired) and high-risk people, places, and things?				
How often do you “play the tape through” when you have cravings?				
How often do you do something to distract yourself when you have cravings?				
Have you gotten rid of all the people and things that you used to use with?		yes or no		
Do you have at least 3 strategies for dealing with social settings where drinking or using is involved?		yes or no		
2. Ask for help and develop a recovery circle of close family, friends, health professionals, and recovery groups.				
In the last month, how many weeks have you gone to a recovery group at least twice?				
How many days a week do you communicate with a recovery sponsor?				
When a situation arises that can affect your recovery, how often do you ask for advice before you take action?				
When you have cravings, how often do you reach out and communicate with someone in your recovery circle?				
How many weeks in the last month have you done recovery homework, such as, step work?				
Have you made any new recovery friends?		yes or no		
3. Be completely honest with yourself and everyone in your recovery circle.				
How often are you completely honest and don't omit any important facts with people in your recovery circle?				
During the last month, when you were sharing, were you ever so honest that you felt a little uncomfortable?		yes or no		

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4. Practice self-care.				
How often do you practice healthy eating and sleeping habits?				
How many days a week do you practice some form of mind-body relaxation?				
How often do you celebrate your small victories?				
How many weeks in the last month have you had some fun in a clean and sober environment?				
How many days a week do you write a gratitude list about your recovery, your life, and the people in it?				
How often do you feel that you are a good person and that you like yourself?				
5. Don't bend the rules or try to negotiate your recovery.				
How much of the time do you accept that if you start using alcohol or drugs, you won't always be able to control your use?				
How many days a week are you free of "using daydreams"?				
Have you completely let go of all secret relapse fantasies, and have you shared the details of those secret plans with someone in your recovery circle?		yes or no		
Total				

Your RAPID Score (0 – 100)

- If your score > 70, you are at low risk of currently relapsing. Continue to be mindful of recovery because addiction is cunning and can sneak up on you.
- If your score 50 – 70, this is a normal score in early recovery. Don't be hard on yourself. Recovery is a series of improvements. Everybody who has a successful recovery has had to go through this stage.
- If your score < 50, you are at higher risk of relapse. Think about why you want to recover and how you can improve your recovery strategy.

Reference

Melemis, S. M., Relapse Prevention and the Five Rules of Recovery. *Yale J Biol Med*, 2015. **88**(3): p. 325-32. PMC4553654.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4553654/>.